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Ottawa police officers scour the neighbourhood, including sewer drains, for potential evidence as they investigate the stabbing death of 37-year-old Andre Boisclair at a rooming house at 494 Somerset St. W. in Ottawa on Saturday. MIKE CARROCCETTO/FOR METRO

Police arrest suspect in Andre Boisclair killing

More questions than answers. Reports say cops don't believe killing connected with victim's criminal past

MIKE CARROCCETTO
ottawa@metronews.ca

Ottawa police say they have made an arrest in the stabbing death of Andre Boisclair, a man who once admitted to being the brake and pedal man in a murder.

The Ottawa police Twitter account announced the news, saying no charges have been laid yet and more details will follow.

Boisclair was stabbed around 2:30 a.m. Saturday morning.

First responders were summoned to 494 Somerset St. W., just east of Lyon, where a man had received a "penetrating" injury, say paramedics.

Witness Marcel Barrette, who lives a few doors down, says he saw paramedics attempting to resuscitate an unconscious man with tattoos on his arms in front of a two-storey, red brick rooming house.

Boisclair died on the way to hospital.

Police officers with the emergency service unit conducted an extensive ground search starting before noon, scouring a several-block area around the Centretown neighbourhood.

Officers looked under cars, through garbage cans and recycle bins, in alleyways and Dundonald Park, as well as opening sewers looking for any potential evidence.

The police investigation is ongoing.

A sordid history

In 2008, Boisclair made the news for refusing to testify in the re-trial of Peter Chenier and George Farley, two men accused of killing Douglas Earl Joe.

- Boisclair admitted at Chenier and Farley's first trial to driving the getaway car in the 1997 killing of Joe.
- His co-operation with the Crown netted him a reduced charge of manslaughter and lighter sentence.
- But in 2008, Boisclair told a court he'd been threatened and would not give evidence. Chenier and Farley were then acquitted on lack of evidence.

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Longboarder crowned King Mountain champ once again

Gatineau Park. Around 100 racers fly down Dunlop Road at speeds reaching 75 km/h

TREVOR GREENWAY
ottawa@metronews.ca

When a group of longboarding fans mooned a pack of skaters whizzing past them in Chelsea Sunday, Frances Côté-Tremblay wasn't able to sneak a peek.

The 21-year-old skater and this year's champion of the Top of the World King Mountain Downhill longboarding race was travelling too fast to look.

"There was four or five guys at the end who were showing their butts and I didn't even notice," laughed Côté-Tremblay, minutes after winning the top spot in Sunday's longboarding final.

He was just one of about 100 daredevil skateboarders who raced down Dunlop Road in Gatineau Park for one of the biggest skateboarding races in Eastern Canada. Most of them were travelling at 75 km/h.

"You have to be confident that you won't fall. It's very dangerous if you don't know what you're doing," added the two-time champ.

The young skater is only a three-year veteran of the sport and already he's beating out guys who have been rolling for decades. Guys like teammate Niko Desmarais, ranked 10th on the world longboarding circuit, who Côté-Tremblay calls the "star of Quebec."

And despite a rainy, cold qualifying day on Saturday and some tricky co-ordinating, race organizer Joey Bidner said the event was "amazing."

"Energy was super high; everyone was really excited," said the Ottawa longboarding advocate, who has spent the last half-decade getting the sport socially accepted in the Ottawa region. "We had a lot of hurdles, we had to manage a lot of cars, a lot of cyclists, but it went really well."

A longboarder rips down Dunlop Road in Chelsea Sunday during the Top of the World King Mountain Downhill longboarding race. TREVOR GREENWAY/METRO

A police cruiser sits outside an apartment building at 49 Montpetit St., where police found a dead body. DENIS ARMSTRONG/FOR METRO

Phone call draws Gatineau police to dead body

A woman was found dead inside an apartment at 49 Montpetit St. in Gatineau's Hull sector. It is Gatineau's fourth homicide this year.

On Saturday, a man alerted Ottawa Police that they would find a body inside the apartment, which has been described as a crack house.

Ottawa Police currently have that man in custody while Gatineau Police conduct their investigation.

Residents of this quiet neighbourhood reported hearing a loud commotion at 49 Montpetit on Friday night at 9 p.m. Gatineau Police forensic teams were on site early Sunday morning collecting evidence to determine whether the victim was killed at the scene or murdered at another location and transported to the apartment.

Francois Frechette, who lives next door, said he is not surprised that there was a murder investigation.

"It must be a crack house," he said. "Nothing but trouble since the current tenant moved in. People come to the apartment day and night to buy drugs and go. Sometimes there's trouble. Tenants don't stay long. It seems like someone new is moving in every month," he added before police asked him to stop talking to media.

"A murder, here? It's shocking," said another Montpetit resident, Terry Bouchard. "This is a quiet, respectful neighbourhood. We watch out for one another."

Police haven't yet released the name of the victim or the alleged murderer.

DENIS ARMSTRONG/FOR METRO

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1998 ice storm. Mayor grants military brigade Freedom of the City

Ottawa Mayor Jim Watson remembers the ice storm of 1998 well.

He was mayor at the time and recalls the sheer devastation the storm caused on Ottawa city streets — the thousands left without power, the many families who had to flee their homes for hastily assembled shelters and the city that went dark for days.

But Watson also remembers the day when hundreds of soldiers from 33 Canadian Brigade Group showed up to help. He wasn't shy about praising their work when he granted the brigade "Freedom of the City" Sunday, one of the most esteemed honours a municipality can bestow on a military unit.

"This brigade has a long and illustrious history with the city of Ottawa and its surrounding communities, contributing to countless events over the decades," said Watson, addressing hundreds of soldiers gathered at City Hall. "One of the most notable events affecting our city was the ice storm of 1998 when the military was brought in to assist during the coldest, darkest part of winter.

"They helped clear debris, provided medical assistance, evacuated residents, canvassed door-to-door to make sure people were safe, and also worked to restore power."

Outgoing commander of the brigade Col. Howard Coombs wasn't head of the brigade at the time of the ice storm, but has led the soldiers through many events over the past two years in Ottawa.

"It's a privilege to be granted Freedom of the City in any locality, but particularly in Ottawa because it is our nation's capital," Coombs told Metro following the Sunday morning ceremony.

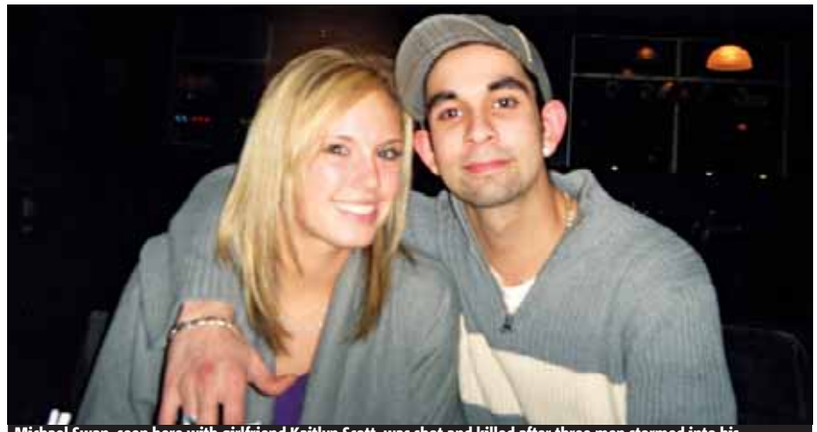
The ceremony also included a Change of Command parade that saw Col. Shawn Bindon assume command of the group from Coombs.

TREVOR GREENWAY/METRO

Mayor Jim Watson inspects a lineup of soldiers from 33 Canadian Brigade Group during a Freedom of the City ceremony Sunday. TREVOR GREENWAY/METRO

'Our lives will never be the same': Mother

In court. Toronto man guilty of first-degree murder in Michael Swan shooting



Michael Swan, seen here with girlfriend Kaitlyn Scott, was shot and killed after three men stormed into his Barrhaven home on Feb. 22, 2010. CONTRIBUTED

For the past three years, Michael Swan's mother Rea has gone through countless sleepless nights with the image of her son, alone, lying on his bedroom floor with a bullet wound through his torso.

It was 5 a.m. on Feb. 22, 2010 that she got a simultaneous phone call and doorbell ring at her home with words a mother never wants to hear. Her son had been shot.

"The police at our door and our lives will never be the same," said Swan's older brother Alex, who read out his mother's victim impact statement on her behalf to the court. "I have nightmares of the terror Michael experienced the night of his execution."

On Friday, an Ottawa jury convicted Kristopher McLellan, 24, the Toronto man who shot her son during a robbery at his Moodie Drive home, of first-degree murder. He received an automatic life sentence with no chance of parole for 25 years.

Kyle Mullen, 23, the second of three men to break into the home, was found not guilty of first-degree murder, but guilty of second-degree murder. His sentencing hearing is scheduled for Nov. 8.

The third man, Dylon Barnett, 22, will be tried for first-degree murder next year.

"We are very pleased with the verdict rendered today against the two accused in our son's murder," the family said in a written statement to the media.

The three Toronto men drove to Ottawa to carry out a drug rip-off of Swan, a known marijuana dealer.

During the home invasion, McLellan shot Swan in his right shoulder. He testified that shooting the Barrhaven teen was an accident, but the Crown attorneys argued he pulled the trigger when Swan wouldn't give in to his demands.

In her emotional statement, Swan's mother wrote of her own feelings of guilt and regret after asking her youngest son to move out eight months before he was killed.

Swan's parents learned of his involvement in selling marijuana and thought he would change his ways and return home before going back to school in September 2010 like he had discussed.

"He was never given that chance," Rea Swan wrote. "I miss my son, I miss his laugh, his handsome face, his hugs, his voice, his 'I love you mom' and even his two laundry baskets of clothes every Sunday."

Right after he was sentenced, McLellan stood up from the prisoners' box and apologized. He said it was not intentional.

"I just want to say I'm sorry, for what it's worth, to the family, girlfriend, and brother. It's not your fault, it's my fault," said McLellan, as Scott and Rea Swan cried out into each other's shoulders. "It's not your fault. I was there."

A fourth accused, Sam Tsega, 22, will also go on trial for first-degree murder separately from Barnett. Tsega is accused of directing the Toronto men to Swan's home.

JOE LOFARO/METRO

Halloween runs raise record sum for cancer

Organizers of the Ottawa Hospital Rattle Me Bones benefit run say they never expected that their first-ever zombie 5K run would sell out months in advance and help them raise a record $115,179.

The newest addition to the 20-year-old Rattle Me Bones event in support of bone cancer research at The Ottawa Hospital saw more than 500 people run for their lives in this area's largest zombie run, while thousands more participated in 10K Sports 4 Wishbone, 5K Funnybone, 2K T-Bone, and 1K Jigglebone charity runs on Sunday in support of bone-cancer research at The Ottawa Hospital.

The event has now raised a cumulative $1.1 million over the last two decades.

Among the runners was 10-year-old Justin Leblanc, who was diagnosed with Ewing's Sarcoma — a type of bone cancer — last year.

Thanks to his orthopedic surgeon, Dr. Joel Werier of The Ottawa Hospital, Justin has been getting around on his minimally invasive prosthetic — an Ontario first.

Justin crossed the finish line with Dr. Werier Sunday morning.

METRO

Bone cancer survivor Justin Leblanc, left, crossed the finish line at the Rattle Me Bones run with his doctor Dr. Joel Werier. CONTRIBUTED

Surge in security denials on FOI cases: Watchdog

Access to Information Act. Info chief wants more staff to cope with Harper government's information refusals

Canada's information watchdog has been flooded with fresh complaints that the Harper government is too often citing security to withhold documents requested under the Access to Information Act.

Suzanne Legault says that since April, her office has seen a surge in such complaints — prompting her to ask for more specially trained investigators.

"I have observed a worrying trend in the number of new complaints of this type in the past four months," Legault wrote in August to Tony Clement, President of the Treasury Board.

Suzanne Legault, Information Commissioner of Canada SEAN KILPATRICK/THE CANADIAN PRESS

"So far this fiscal year, we have received 107 new special delegation (security related) complaints, amounting to 80 per cent of the average number of incoming complaints that my office has previously received over the course of an entire year."

Legault said the problem has been growing over the last five years, but has become acute this year.

She has asked Clement to increase the number of her investigators who have special security clearance to probe these complaints, to 12 people from the current eight. Emily McCarthy, assistant commissioner, said the growing number of these cases is just one aspect of a striking rise in complaints this year. THE CANADIAN PRESS

Clarification needed

$7B deficit boon being questioned

The surprising revelation last week that Ottawa is almost $7 billion ahead of schedule for eliminating the deficit is attracting the scrutiny of a budget watchdog.

The number two person in the Parliamentary Budget Office says officials have asked the government for clarification.

"We'll look at it because it will affect our own numbers, and try and figure out what the source of it is," says Mostafa Askari.

"There's a part we still don't understand ... as to why departments spent less than what they were expected to ... and why they (Finance) didn't see it in March," when the budget was tabled.

In a report last week, the government pegged the deficit for the 2012-13 fiscal year at $18.9 billion, rather than the $25.9 estimated in the budget. The lion's share of the difference was from lower program spending.

THE CANADIAN PRESS

Brooklyn. Man arrested in knifing deaths of a mom and her four kids

An immigrant to the United States was arrested Sunday on five counts of murder in the deaths of his cousin's wife and her four children in a stabbing rampage in their Brooklyn home.

The suspect, 25-year-old Ming Don Chen, implicated himself in the stabbings late Saturday in the Sunset Park neighbourhood, police said. NYPD Chief of Department Phil Banks said the victims "were cut and butchered with a kitchen knife." Two girls, nine-year-old Linda Zhuo and seven-year-old Amy Zhuo, were pronounced dead at the scene, along with the youngest child, one-year-old William Zhuo. Their brother, five-year-old Kevin Zhuo, and 37-year-old mother, Qiao Zhen Li, were taken to hospitals, where they also died.

Chen is a cousin of the children's father; he'd been staying at the home for the past week.

THE ASSOCIATED PRESS

Scene of the multiple fatal stabbings. KATHY WILLENS/THE ASSOCIATED PRESS

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Report: 1,500 Canadians languish in foreign jails

For nearly two months, all eyes were on John Greyson and Tarek Loubani, the Canadian activists held in an Egyptian prison before being allowed to return to Canada.

Two other Canadians, Greenpeace activists Alexandre Paul and Paul Ruzycki, have also been in the headlines as they remain in a Russian prison facing hooliganism charges. If convicted, they could be sentenced to up to seven years in jail.

But there are other Canadians detained abroad who don't have such a network of supporters, and fail to capture similar public attention.

Overall, 1,590 Canadians are in prison outside the country, according to figures provided by Canada's Foreign Affairs department, accurate to Oct. 10.

The bulk of them — 1,097 — are behind bars in the United States. The rest are in prisons in more than 85 other countries.

Foreign Affairs wouldn't provide a breakdown on the circumstances or duration of detention, nor how many cases the government is actively contesting.

But human-rights groups continue to monitor a number of cases where they believe Canadians are being wrongly detained or have been the victim of human-rights violations.

Often, it can take years to bring a Canadian back home.

Earlier this month, Hamid Ghassemi-Shall was finally able to return to Canada after 64 months in an Iranian prison, including a year in solitary confinement.

Ghassemi-Shall emigrated to Toronto, where he was working as a shoe salesman, following Iran's 1979 revolution. He was arrested on espionage charges while visiting his ailing mother in 2008, and faced the death penalty. International pressure, including a stream of letters from supporters to the Iranian government, may have been a factor in helping to keep him alive, according to Amnesty International Canada.

Each case "has a delicate strategy depending on the circumstances of the case," said John Tackaberry, a spokesman for the human rights group.

THE CANADIAN PRESS

Wrenching testimonials

In an effort to dissuade others, the government has a collection of stories on its travel-advisory site from Canadians caught trying to smuggle drugs overseas.

- One man, who was sentenced to 15 years in a Cuban jail for importing marijuana, says the water was a "milky colour and it made me really ill."
- A woman who spent a year in a Jamaican prison for trafficking heroin described living in cramped quarters without running water where "inmates were constantly trying to pick fights with me."

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A boy inspects a destroyed car after a car bomb attack hit the Sha'ab neighbourhood of Baghdad, Sunday. Insurgents on Sunday unleashed a new wave of car bombs in Shiite neighbourhoods of the city, killing and wounding dozens of people, officials said. KARIM KADIM/THE ASSOCIATED PRESS

Deadly wave of attacks hits Iraq

At least 66 killed. Series of bombings, suicide assault mark the bloodiest day in the country since Oct. 5

A series of attacks including car bombings in Baghdad, an explosion at a market and a suicide assault in a northern city killed at least 66 people Sunday across Iraq, officials said, the latest in a wave of violence washing over the country.

Sunday's attacks were the deadliest single-day series of assaults since Oct. 5, when 75 people were killed in violence. There was no immediate claim of responsibility for the blasts.

Police said that the bombs in the capital, placed in parked cars and detonated over a half-hour period, targeted commercial areas and parking lots, killing 42 people.

The deadliest blasts struck in the southeastern Nahrwan district, where two car bombs exploded simultaneously, killing seven and wounding 15, authorities said. Two other explosions hit the northern Sha'ab and southern Abu Dashir neighbourhoods, each killing six people, officials said. Other blasts hit the neighbourhoods of Mashtal, Baladiyat and Ur in eastern Baghdad, the southwestern Bayaa district and the northern Sab al-Bor and Hurriyah districts.

Violence has spiked in Iraq since April, when the pace of killing reached levels unseen since 2008. Sunday's attacks bring the death toll across the country this month to 545, according to an Associated Press count.

THE ASSOCIATED PRESS

Iran. Anti-U.S. banners a sign of division between hardliners, new president

Banners that suddenly cropped up around Tehran in the past week depict an American diplomat dressed in a jacket and tie, while under the negotiating table he is wearing military pants and pointing a shotgun at an Iranian envoy.

The anti-American images were ordered taken down Saturday by Tehran authorities. But they made their point.

It was another salvo by hardliners who are opposed to President Hassan Rouhani's pursuit of better ties with Washington and are worried that Iran could make unnecessary concessions in its nuclear program in exchange for relief from Western sanctions.

The banners and posters were something of a warm-up to the main event: Rouhani's critics are planning major anti-U.S. rallies on the Nov. 4 anniversary of the U.S. Embassy takeover in 1979 following the Islamic Revolution.

Anti-American murals have long been part of the urban landscape in Iran. Now, however, the images reflect internal divisions in Iran and suggest more intrigue ahead.

THE ASSOCIATED PRESS

7th killed this year

Journalist gunned down in Somalia

A Somali journalist died in hospital after being attacked by gunmen, a colleague said Sunday, bringing to seven the number of journalists killed in Somalia this year.

Journalist Mohamed Mohamud, 26, died in hospital Saturday night, said fellow journalist Ahmed Nor Mohamed. "We have lost a precious life once again. Doctors were not able to save our colleague," he said.

Mohamud was buried Sunday. THE ASSOCIATED PRESS

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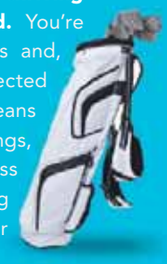
At the office, the team is thriving and your efforts are noticed. You're respected by your co-workers and, more importantly, you're respected by the boss. More respect means more invitations to golf outings, after which there is slightly less respect (because no accounting designation can help with your short game).



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Even through the Great Recession, premium dog and cat food — the latest iteration of which is advertised as "natural" and "organic" — has been claiming an ever-bigger share of the market. Sales of the more expensive brands jumped 68 per cent in the U.S. from 2002 to 2012, compared with 19 per cent for mid-priced brands and just 8 per cent for economy brands, according to Euromonitor International.

Major manufacturers like Nestle Purina and Del Monte Foods are also capitalizing on consumers' willingness to spend more on food they perceive to be better for their furry friends.

"People think of their pets not as pets, but as members of their family, and they want to treat the members of their family with the same respect as they treat themselves," said Molly Maier, senior analyst at market research firm Mintel Group Ltd.

THE ASSOCIATED PRESS

Jealous? Fido might be eating better than you tonight. THE ASSOCIATED PRESS

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More condo dwellers not loving thy neighbour

Experts. As more Canadians opt to live in cramped condos, the number of residents turning to courts to settle fights will rise

When Toronto resident Robert Jerome celebrated his 30th birthday by purchasing a unit in a low-rise condo development about 15 years ago, he quickly came to see his neighbours as his extended family, often meeting up to chat in their shared courtyard, which would be filled with children in the summer.

And then Natalia Korolekh moved in.

What happened next were five years of alleged verbal and physical abuse that overshadowed the community, ending with a judge issuing an order in 2010 for Korolekh to sell her condo and move.

The case is similar to one currently playing out in British Columbia, where a woman is appealing an order to sell her condo due to neighbour complaints. While rare, it's a scenario some experts predict will only become more common as the number of Canadians choosing the close-quarters of condo living increases.

THE CANADIAN PRESS

Law of averages

Peter Roberts, a lawyer who specializes in commercial and property law, says whatever happens in the B.C. case will undoubtedly influence other judges the next time a problem neighbour ends up in court, which he predicts will happen more often.

It is said good fences make good neighbours, but when you are surrounded by hundreds of residents, disputes are more likely to flare up. And some of those arguments inevitably end up in court. DARRYL DYCK/THE CANADIAN PRESS FILE

MODEST BUDGET, BIG BILL TO PAY

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

The unveiling of Ottawa's 2014 draft budget last week wasn't a flashy affair, particularly considering what these documents can become in an election year.

Once again, Mayor Jim Watson pulled off his deft annual feat of selling us a tax increase as good news. The proposed 1.9 per cent hike (the lowest in seven years, he repeatedly pointed out) is enough to account for inflation and a little slack for variables like the price of gasoline and wage arbitration settlements, but certainly not zero.

"I think the challenge we get into when we start freezing budgets if we're not prepared to freeze spending, then we're just living in a bit of a fool's paradise and we dig ourselves deeper into a hole the following year," he explained.

As a handy reminder, he made his point standing in front of a chart showing the ever-shrinking increases over the course of this council, and the 3.9 and 4.9 per cent tax increases from the final years of predecessor Larry O'Brien's "zero means zero" era.

The eat-your-vegetables prudence continues throughout: no new debt, 55 positions shaved off the payroll through attrition, ongoing freezes of the mayors' and councillors salaries and office budgets, and of parks and recreation fees.

That tax hike left a little here and there for nice things: $1.6 million for Arts Court, $2.2 million for new defibrillators, $200,000 to upgrade tennis courts and outdoor rinks, and city councillors were duly credited alongside individual projects in their wards. It was a modest blueprint for the final year of this council. Watson, after all, had already made his big splash earlier in the month with a more visionary, election-ready document, the $3-billion Transportation Master Plan, with its ambitious expansion of rail transit north, south, east and west, all by 2023.

It was this scheme and not the budget Watson was pitching the next day in a speech to local businesspeople, positioning transit not as a social program but as a vital economic driver.

Congestion "strangles productivity," he warned. "Time lost in traffic is money lost on your balance sheet."

As always, there's the delicate matter of who'll pick up the cheque, and the plan as drafted would require $975 million in contributions from the federal and provincial governments.

The logo for Phase 2 of the LRT, rendered in green, white and blue with a familiar directional arrows motif, bears some resemblance to the feds' Economic Action Plan signs, perhaps a way to suggest "Your money here."

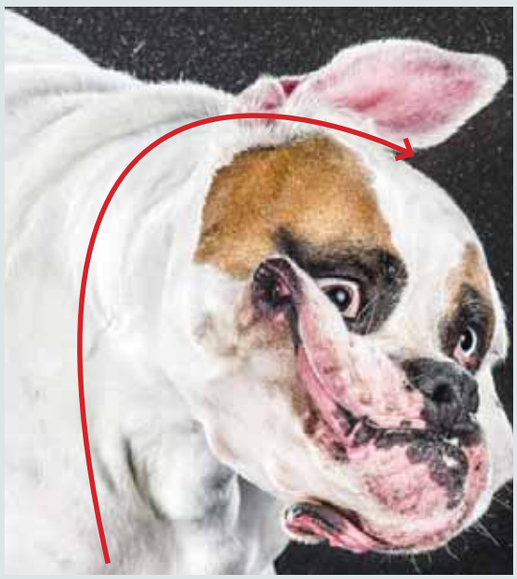
Watson riffed in his speech on a suggestion from Ottawa-Orleans MP Royal Galipeau that he should "write to Santa Claus" for the money. "Santa Claus actually made a pre-Christmas visit to Toronto and gave them $660 million for a three-stop subway extension," he pointed out, adding he expects the area's MPs to squeeze the feds for Ottawa's "fair share" of infrastructure funds so construction can start in 2018 — another municipal election year, incidentally.

And Galipeau's constituents know about congestion.

"Orleans has been held back from an employment perspective for a long time," said Cumberland Coun. Stephen Blais, when the transportation master plan was announced. "It's hard to get into Orleans, hard to get out of Orleans. This fixes that."

ZOOM

Oscillate wildly



EXTRACTED FROM SHAKE, BY CARLI DAVIDSON, PUBLISHED BY HARPERDESIGN © CARLI DAVIDSON 2013

SHAKE it

An animal photographer has captured the amusing and absurd facial expressions made by dogs as they frantically shake water off themselves. Carli Davidson, 32, from New York, photographed 61 charming dogs while they were in mid-oscillation. Her entertaining portraits now feature in her new book SHAKE.

METRO

Q&A with photographer

'You can't trick them'

How do you capture the animal's personalities so well?
It's what I'm looking for in all my photography. The feeling behind the image is what's important to me, an expression the viewer can anthropomorphize. I spend time getting to know the animals, and making them feel as relaxed as possible so they show their true character.

What are the biggest differences between a human shoot and a canine one?
Animals work 100 per cent on instinct; you can't trick them, so if you are not committed to the shoot they won't perform. They can sense your stress and they respond to it accordingly. So much about working with animals is about being in the moment with them, listening to their needs. This is similar with people, but we can just ask people what they need. With animals you need to create a dialogue based on instinct and respect. ANTHONY JOHNSTON/METRO WORLD NEWS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Just because you don't know your Baco Noirs from your Pinot Noirs doesn't mean you have to look like a dolt in front of your pals with more sophisticated palates. With a quick scan of your smartphone, you can now get the Coles Notes of wine faster than you can say Gewürztraminer.

DAVIDE RESTIVO/FLICKR

Vivino:
Think you've had a few too many to remember the vintage you're sipping on? Take a pic of the bottle, upload it to Vivino and get the tasting notes. And if you don't trust the experts, you can add your own (vita)cultured friends to read their reviews. iPhone, Android and BlackBerry.

Delectable:
Similar to Vivino (snap a pic and voila! tasting notes), but with more emphasis on design. Plus, the delectable blog offers non-smartphone users a chance to catch up on the who's drinking what. iPhone only.

Drync:
This app takes wine lists a step further. Specifically, to your doorstep. Take a photo of the bottle, rate it and order it. iPhone only.

Tweets

A squirrel in Iowa is allegedly responsible for vandalizing a college professor's bicycle. If found guilty, what should its punishment be?

@WpgNHLAddict: repay the professor for bike repairs in acorns and nesting material #coldandhungry-winter #squirrelsgold

@MiroslavGlavic: Squirrel BBQ. #iamhungry

@SeoulShakin: Obviously 10-20 in the Nuthouse.

@mtnbvan: "Death by cyclepath"

@jnevills: sentenced to 12 months without nuts and 6 months of tree arrest. No opportunity for parole.

@kim11koi: To catch the squirrel you must become the squirrel.

@CycleLdnont: No punishment. It only continues the nutty cycle.

@ac_awesome: 100 hours of commu-nutty service. #nailedit

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Legendary Lou Reed was never content to compromise

In memoriam. Rock pioneer and Velvet Underground leader, who has died at age 71, had undergone a recent liver transplant

PAT HEALY
Metro World News in Boston

Lou Reed, the punk-poet of rock 'n' roll who profoundly influenced generations of musicians as leader of the 1960s cult band Velvet Underground and remained a vital solo performer for decades after, has died.

Reed's literary agent Andrew Wylie says the legendary musician died Sunday morning in Southampton, N.Y., at age 71 of an ailment related to his recent liver transplant.

The singer and guitarist first attracted attention as the leader of the Velvet Underground, a group that gained notoriety as an Andy Warhol project and combined a sense of the avant-garde with pop music. With Reed's poetic lyrics and the band's always experimental (and sometimes dissonant) approach, they arguably serve as the starting point for alternative rock music.

Though the band was not commercially successful, its influence was widespread, historically on the left-of-centre, resulting in the oft-quoted adage that though not many people bought the band's first album, everybody who did ended up starting a band.

The Velvet Underground was inducted into the Rock and Roll Hall of Fame in 1996.

After the Velvet Underground, Reed went on to collaborate with David Bowie in the 1970s, finding chart success with Take a Walk on the Wild Side and carving out a niche for himself in the glam rock movement.

But as an artist, Reed was never content to compromise or to even do what his growing fan base expected.

Over the years he released many albums that listeners and critics alike had difficulty with, such as 1975's Metal Machine Music, which consisted of more than an hour of feeding back guitars that sounded like what its title implies.

Other projects were also met with fierce criticism, such as his 2003 Edgar Allen Poe-inspired The Raven and his final release, a 2011 collaboration with Metallica entitled Lulu.

But for every unexpected left turn his muse took, Reed remained a figurehead for the movement he started and his tours were always successful.

For a time Reed was infamous for his substance abuse, but he had cleaned up in his later years, finding new inspiration in Tai Chi and his third wife, artist Laurie Anderson. He underwent a liver transplant earlier this year, which Anderson had said was "as serious as it gets. He was dying."

His legacy will live on in the songs he has left behind — in his own magnificent versions and in cover versions by the likes of U2, Joy Division, Nirvana and David Bowie.

WITH FILES FROM THE ASSOCIATED PRESS

Last gigs

- Reed stayed invested in the arts until his death, mentoring younger artists and even taking the time to write a review of Kanye West's Yeezus on The Talkhouse website.

Lou Reed's tours were always successful. GETTY IMAGES FILE

A pair of angry birds, out to save their kind

NED EHRBAR
Metro World News in Hollywood

Parks and Recreation star Amy Poehler's latest feature film venture, Free Birds, follows a pair of turkeys using a stolen time machine to steer the first Thanksgiving menu away from their ancestors. But Poehler has plenty to concern herself with in the present day.

We spoke with Poehler just before some good and bad news broke for her: First, that she and Tina Fey would be hosting the Golden Globes for the next two years, and then that NBC was pulling Parks and Recreation from its schedule for three weeks.

Even considering the main characters are turkeys, is this really the best use for time-travel technology?
Well, once we start breaking down animated films and the way that they should better use their technology, I think we're really going to paint ourselves into a corner.

In the animated film Free Birds, turkeys voiced by Owen Wilson, Woody Harrelson and Amy Poehler aim to get turkey off the holiday table. CONTRIBUTED

You're managing to squeeze in a lot of film work between seasons of Parks and Recreation.
It's fun to do different things. My schedule with Parks is almost like a nine-month schedule with breaks in between, so I have lots of opportunities for hiatus stuff to do. And animated stuff, you can kind of do that on your hiatus and breaks in between. I filmed a couple of things last summer and the summer before that quite a bit. It's always fun to try to squeeze in what you can when you can.

What sort of projects are you keeping an eye out for?
Well, I don't know. Right now we're gearing up toward our 100th episode, so right now I'm like real Parks brain, just enjoying being on set for that. And then what happens after the new year in the spring, I'm not sure yet.

Yours was one of a very few comedies that NBC didn't cancel last year. That must feel at least a little reassuring.
Yep, NBC has supported us by keeping us on. We appreciate that. Because I would rather do the show than not do the show, that's what I've learned. So many shows have come and gone while we've been there. We're kind of like the patient who watches the other patients die on the table. We've been lucky.

Certainly it's tough sometimes to just not know your fate all the time, and we've certainly never been a show where we knew our fate, but because of that I think it's just made us put our heads down and try to control the things we could, which was the work and the writing and the show. I'm really proud of the show. I would watch it if I wasn't on it, which is a nice thing for me to be able to say honestly.

Weekend box office

- Apparently, astronauts are no match for Jackass. According to studio estimates Sunday, Paramount's Jackass Presents: Bad Grandpa tops the weekend box office with $32 million US, sinking three-week champ Gravity to second place.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Quincy Jones wants MJ's money

Quincy Jones

Quincy Jones is suing the estate of Michael Jackson for $10 million, alleging that "clandestine arrangements" of newer releases of material he worked on with the late singer have served to cheat him out of royalties, according to the Hollywood Reporter.

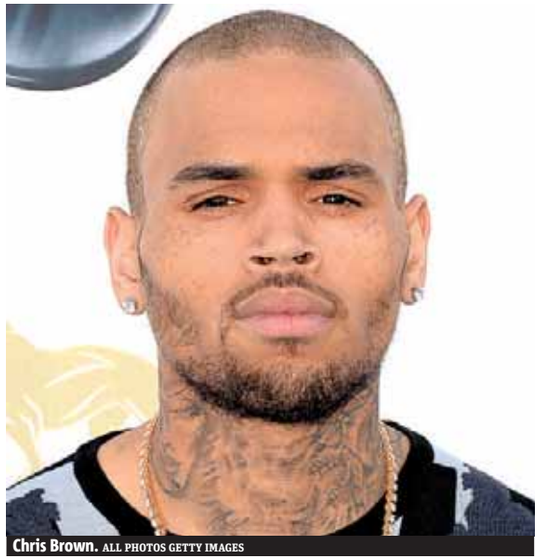
"Quincy has been frustrated with these matters for a number of years, felt he was not making any progress and needed to take more formal action," his attorney says.

Thicke talks up his sex life

Robin Thicke

Robin Thicke would like everyone to know that he and wife Paula Patton have a fantastic sex life.

"We're over-spiced. We could probably take a few spices off the shelf," he tells Elle magazine, adding that the couple enjoys getting intimate while listening to his music. "She likes to do it more than ever now. Sometimes she'll even play groupie for me."



Chris Brown. ALL PHOTOS GETTY IMAGES

Chris Brown charged with felony assault

Chris Brown was arrested early Sunday in Washington, D.C., after a fight broke out near the W Hotel, police said, complicating an already snarled legal history for the Grammy Award-winning R&B singer.

Brown, 24, was charged with felony assault in an incident that started just before 4:30 a.m., D.C. police spokesman Paul Metcalf said Sunday morning. Chris Hollosy, 35, also was arrested on felony assault charges, Metcalf said. Police believe the two men were together during the incident but said they couldn't confirm any relationship between the suspects.

Brown and Hollosy were being held in police custody until Monday, Metcalf said.

A man was injured in the fight and reportedly taken to a hospital, police said, but they did not identify him or give details on his injuries. It was not clear whether the victim was taken by ambulance or another vehicle.

He had been released from the hospital as of early Sunday afternoon, Metcalf said.

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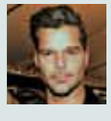
Twitter

@WhitneyCummings
"Handcrafted" is just a fancy word for "broken"



@ricky_martin
Sending love wherever it is needed.

@LilTunechi
Copenhagen was most definitely the livest!!!! I'd do it again right now if I had to! Luv y'all!

The Word

Bieber doesn't always screw up, but when he does ...

STARGAZING
Malene Arpe
scene@metronews.ca

Justin Bieber is photographed drinking a Dos Equis in Texas where, by the way, the legal drinking age is 21. Justin doesn't always drink beer, but when he does it's always supericky and he wishes he'd asked for a Fanta.

According to the Daily News, someone connected to Planet Hollywood says staff were provided with a list of evasive answers to use if asked whether Britney Spears sings live at her upcoming shows. They include: "You are pretty. Your hamster looks very soft." "I'm afraid of interest rates." "I don't care for spinning classes" and "have you tried our endless shrimp?"

Rumour has it Tim Burton will be making Beetlejuice 2. Which explains why Michael Keaton has been asking Robin Thicke for his suit back and sending threatening letters to Johnny Depp.

Billy Bob Thornton says then-wife Angelina Jolie got angry over his 2001 Monster's Ball sex scene with Halle Berry. "Well," he continues, "I'm sorry, but it's not like anything interesting has happened to me since then."

Perrie Edwards of Little Mix said of her band mates, "I wouldn't say we're feminists: we don't hate our men." "Oh, for bleep's sake. This is what happens when I'm underfunded," said the education system.

A 33-year-old man spent $100,000 on surgery to look like Justin Bieber. The way Justin is going, he'll be asking for the name of that guy's surgeon soon.

Kim Kardashian says baby North doesn't wear pink but, rather "mauve or blush." In a prepared statement, Blue Ivy Carter and Harper Beckham scoffed at the comments.

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Book excerpt

Homework 101

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Let's break this down a bit, shall we?

Homework is work to be done at home. Whether it's work that should have been done in the classroom or work specifically designed to be done at home, there's one commonality that all children's homework shares: it's their homework. They need to do it.

You doing it for them is like having the supervisor come over to your production station and doing your job while you watch.

Resist the urge to have your child turn in perfect homework that's only perfect because you did most of it. If the teacher doesn't know where/how they are struggling, they can't help them in the classroom.

Also, don't be a homework nag. You're not the one who has to explain to the teacher why it's not done, and you're not the one who misses recess because of it. Let this happen once and see how quickly they get the message.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS (MCCLELLAND & STEWART, 2013), WHICH HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION. AVAILABLE AT CHAPTERS, AMAZON AND WHERE BOOKS ARE SOLD. VISIT KATHYBUCKWORTH.COM

Exclusively online

Halloween: Every mother's worst nightmare. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices

Join the laughter on twitter @mommyreasons

Halloween: Scariest day of the year for health-conscious parents

Tips. There are ways to keep the candy-filled occasion fun and healthy

ANISA ARSENAULT
Metro World News in New York

Halloween is a good time to involve kids in healthy eating discussions. ISTOCK

With mountains of candy, Halloween can be a nightmare for parents.

Traci Paige Johnson, creator of Blue's Clues, offers suggestions for a fun and healthy Halloween. And if you're wondering what the voice of Blue is up to now, she's pioneering Yummiloo, an interactive musical food adventure series (currently an app, soon to be a show) designed to teach kids about healthy eating.

Before you equate Yummiloo's mission with "ruining Halloween," keep in mind Johnson advocates candy in moderation. In fact, she says making sweets totally off limits will only result in an eventual binge.

"If you make candy an absolute no, then it becomes more enticing," Johnson says. "It's all about balance, all about enjoying the holiday and not being too taboo or negative about the candy. Embrace it, and use it as a teaching moment for kids."

When it comes to healthy eating and rationing candy, make sure that kids are part of the process. "You can sit down together and figure out how much candy is good for a day," Johnson says. "Maybe it's one little candy bar and two Smarties. Also, if they have a piece of candy, it's good to serve it with a glass of milk or a little cut-up fruit to fill them up."

Inevitably, you're going to have more candy than you can even think about eating. Johnson recommends cutting some up, freezing it, and using it to cook with later on. "Use it again when you're making oatmeal cookies or just sprinkle some on your oatmeal," she suggests.

Johnson encourages parents to cultivate healthy eating habits in kids, but ultimately just enjoy Halloween. "The trick is to balance and have things in moderation," she says. The trick is to allow treats.

Candy-free activities

- **Pumpkin volleyball.** "Take orange balloons and have your kids draw on Jack-o'-lantern faces with black Sharpie, and sort of play volleyball," Johnson says.
- **Arts and crafts.** "Collect leaves and acorns or anything from nature, and glue it on gourds or pumpkins to make creatures," she says.

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Healthy eating

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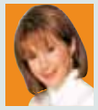


ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

While grabbing dinner at a fast food place is a treat for kids, be careful what you allow them to order.

Wendy's chicken fingers, fries and chocolate Frosty

590 calories / 26 g fat
These choices give them little nutrition as a meal.

Equivalent

Wendy's chicken fingers, fries and a chocolate Frosty are equal in fat to eight cups Kraft Dinner Mac and Cheese.

Wendy's kid's hamburger with a strawberry yogurt

320 calories / 12 g fat
The kid's burger with strawberry yogurt is a much better offering.

Hit (or two) of curry elevates Parsnip and Apple Soup

Apples and parsnips go really well together and offer a perky taste of autumn.

You can decrease or increase the amount of curry powder to suit your taste. If you cut back on the curry, grated fontina or white cheddar can be sprinkled over top just before serving. If you like a stronger curry flavour, use 10 to 15 ml (2 to 3 tsp) of curry powder.

You can reduce the saturated fat by substituting vegetable oil for the butter and using homogenized milk instead of cream.

Ingredients

- 45 ml (3 tbsp) butter
- 1 large cooking onion, peeled and diced
- 5 ml (1 tsp) curry powder
- 4 parsnips, trimmed and cut into 1-cm (1/2-inch) pieces
- 1 carrot, peeled and diced
- 2 Granny Smith apples, peeled, cored and diced
- 1 l (4 cups) vegetable stock
- 250 ml (1 cup) cider (approx)
- 250 ml (1 cup) 35 per cent cream
- Sea salt and white pepper, to taste

1. In stock pot, heat butter over medium heat. Add onion and cook until soft. Add curry, parsnips, carrot and apples and cook for 5 minutes, stirring.

2. Add stock. Bring to a simmer and cook at a low simmer for 25 to 30 minutes or until vegetables and apples are tender.

3. Purée soup with an immersion blender until smooth.

4. Add cider and cream. If soup is too thick, add more cider, 125 ml (1/2 cup) at a time, until desired consistency is reached. Season with pepper and salt.

5. Ladle into warm soup bowls, garnish with apple slices and a small sprig of thyme and dollop of mild goat cheese. THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).

This recipe serves eight. THE CANADIAN PRESS/ JACKIE NOBLE

Easy Japanese tradition offers instant comfort

Miso is a traditional Japanese soup and one of the many Asian soups trending in North America. It is also very easy to make.

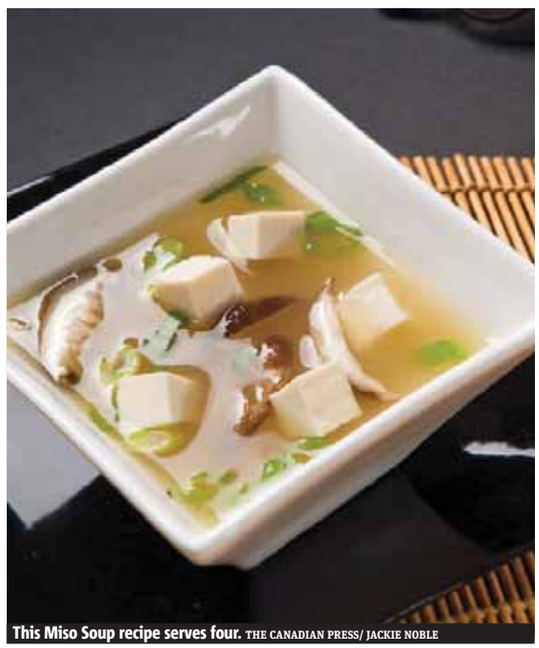
Miso itself is fermented soybean paste that comes in a variety of colours. Barley and rice miso are also available at Asian grocery stores.

1. In saucepan, place dashi soup stock (the easiest way to make dashi stock is to buy dashi powder at an Asian grocery store and simply add it to water) and bring to a boil. Reduce heat to a simmer. Add mushrooms.

2. Cut tofu into 1-cm (1/2-inch) cubes and add to soup.

Ingredients

- 1.25 l (5 cups) dashi soup stock
- 4 shiitake mushrooms, stems removed, thinly sliced
- 1 block (125 g/4 oz) firm tofu
- 50 ml (1/4 cup) miso paste
- 2 green onions, cut on an angle into 5-mm (1/4-inch) pieces



This Miso Soup recipe serves four. THE CANADIAN PRESS/ JACKIE NOBLE

3. Remove a ladleful of the broth and mix it in a bowl with miso paste until smooth.

4. Stir miso mix into soup, making sure not to bring to a boil. Add green onions and serve.

THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).

Sure, that's a good cover letter, but how many likes does he have?

Resumés being replaced? New graph search tools allowing employers to find potential prospects on Facebook

VICKI SALEMI
Metro World News

What would a recruiter interpret about you as a person after pulling together all your current Facebook information? ISTOCK

The next time you're surfing Facebook, you may want to spruce up your profile in the spirit of landing a new job. Work4 Labs, a software company developing Facebook recruiting applications, has launched a graph search tool for recruiters. And if its CEO has his say, it will apparently give other social networks stiff competition.

According to Work4 CEO Stephane Le Viet, "LinkedIn covers a slice of the market that's very valuable, but it doesn't cover everything," he says.

Taking retail, hospitality, health care and other industries into account, their workers may not lean on an online professional network to propel their careers.

"They don't carry around business cards (and) they don't use their professional network to enhance what they're doing at work. But pretty much all of them have a profile on a social network, and for the majority of them that's Facebook."

Le Viet points out that users also have friends online, thereby building a robust referral network. "Recruiting has always been about fishing where the fish are," he says. If you're among the 1.15 billion monthly active users on Facebook, then you're swimming in an abundant school of fish that employers are tapping into.

The latest product to emerge from the San Francisco-based company is a tool that uses Facebook's graph search function to connect job searchers with possible employers.

Launched earlier this month, it allows companies with subscriptions ($1,500 annually per recruiter) to click on a job in their interface and message candidates. "Let's say you're searching for a developer at Google: You click on the job on a developer position that's in our interface, you say, 'Show me the candidates' and it shows you the candidates automatically."

Although it's too soon for clients like Pepsi and Groupon to report hires, the new tool allows recruiters to go "above and beyond the resumé." For example, talent acquisition folks looking for a cultural fit can drill into candidates' interests.

Le Viet points out that "for a company like the Gap, they're hiring a lot in stores around the world. They want people who like fashion; they don't want people in the stores who hate clothes. You want people who will have some type of affinity to your brand or to brands (that) are similar. Facebook allows you to do that, so if you're a fan of Banana Republic, they're interested in you because they're in the same ecosystem."

Given this new era of hiring, what does it mean for the resumé? "Resumés are being overtaken by social profiles and your social footprint. I think people will get more and more educated and make sure that everything they display in a public manner is clean."

You're hired!

Stephane Le Viet's tips for Facebookers looking to get a gig with Work4:

- **Review your public:** "Make sure you're comfortable with it. Don't look at it in the perspective of only removing content."
- **Add information:** "This will make you findable. This will also make your public profile look richer. Add where you studied and your major, where you work and past work experiences."
- **Add special skills:** "It's something where you can say, 'I'm an expert in marketing' or 'I have a professional skill in accounting' so people can find you better."

Aim for a page worthy of a few likes from your friends and employers alike. ISTOCK

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He's cute, but does he think? Becksistentialism says yes

Philosophy. After the soccer icon's move to Paris, a professor felt it was time to document his internal monologue

KIERON MONKS
Metro World News

Sport has never known a global icon like David Beckham, a perfect marriage of clean-cut glamour and a stellar record on the soccer field.

But as Goldenballs made his final move to Paris last year at 37, a French philosophy professor wondered if the city of Sartre, Camus and Proust would raise feelings of mortality in the superstar.

The result was Becksistentialism — a diary of Beckham's "internal monologue as he collides with the Parisian intellectual tradition" featuring encounters with classic philosophers and French actor Eric Cantona. The online series became a hit and ahead of delivering a lecture on it, author Andy Martin of Cambridge University told us more.

In this June 18 file photo, David Beckham plays soccer with children at Nanjing Olympic Sports Centre in Nanjing, China. The superstar is best known for scoring and squeaking, but now a professor is imbuing him with a dark side. CHINAFOTOPRESS/GETTY IMAGES FILE

What makes Beckham a good subject? Is he a blank canvas?
That's right to an extent but he's also good because he acts philosophically without being articulate. There are messages in his tattoos and haircuts. He's also a bit irresistible as a subject because he is seen as not thinking, which is probably a mistake, and I rectify that.

Is the Parisian philosophy scene a descent into hell or an awakening for him?
He's in a transitional state at the end of his footballing career and his quest is now to define himself as an individual. He's in the twilight, and while Alex Ferguson wants him to only be The Footballer, Beckham doesn't want to be confined by such a simplistic definition — he has divergent, conflicted selves. One reason for his being a good ambassador is that he never says anything offensive, but I can do it on his behalf.

Which philosopher is he closest to?
It would have changed at different times, but Sartre's "Hell is other people" line summarizes his relationship with Ferguson.

What sort of reaction are you expecting when Beckham hears about this?
I think he has a good sense of humour and would take it well. People forget that philosophy is all about jokes.

Les miserables of sport

Who else needs this philosophical treatment?

- "The first figure I thought of was Eric Cantona but also Andy Murray, because he is rather miserable," says author Andy Martin. "He's like listening to bagpipes."
- For more, visit becksinparis.tumblr.com.

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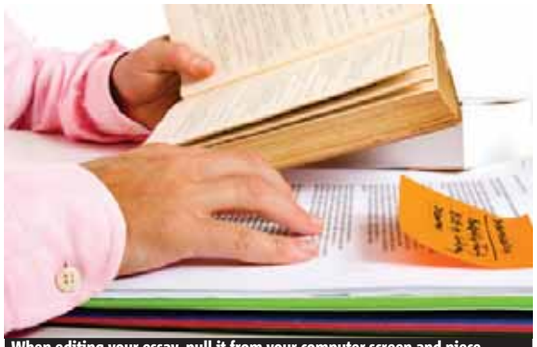
Who you tryin' to get crazy with, essay?

Don't you know I know my stuff? Study up on perfecting all your school papers

BRUCE WALSH
Metro World News

We asked professors around the country to give their advice on how to make your college essay stand out.



When editing your essay, pull it from your computer screen and piece through the writing in print. ISTOCK

Read it loud and proud

There is a reason reading aloud is an almost universal staple of composition classrooms: It works. A wide variety of research has shown that vocalizing your own writing causes your brain to process language in a different way. You hear mistakes you never would have caught otherwise.

"As a writing teacher, it's my number one go-to," says Josh Ambrose, director of the McDaniel College Writing Center.

"It's like when you listen to your own voice mail message, and you're like, 'That's not what I sound like.' There's always this disconnect between the voice we hear in our head when we're writing and the voice that comes out on the page."

Go old-school

Research has shown that editing on actual paper helps the brain focus on the task at hand.

- "Your eye doesn't take the same care when engaging with a computer screen," says Samra Bufkins, a writing professor at the University of North Texas.
- "As soon as the words are on paper, things start jumping out. Your mistakes become more tangible."

Remember: It's not math

Nobody — not even James Joyce — can claim to be 100 per cent correct when it comes to grammar. (After all, he did exhibit some funky punctuation in Ulysses.)

"It's an imperfect science. Some people try to make it as rigid as math, but that just confuses students — and makes them reluctant to write because they can't win," says David Robson, who teaches composition at Delaware Valley Community College. "Sure, there are hard and fast rules, but you need to bend them from time to time."

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'Round the world wisdom

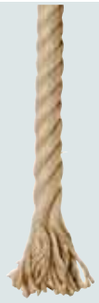
Facing adversity? Focus on what you can control

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

In the game of life challenges are dealt to us every day, some big, some small. The danger of becoming overwhelmed always lurks just around the corner, and at times it finds us. When you sense that things are unravelling, be it at the workplace, or at home, get back to basics by asking yourself, "What can I control right now?"



Don't waste your time wandering up an unclimbable rope. Achieve goals that are within your grasp. ISTOCK

First, assert your control over smaller, simpler things you can achieve. If you can achieve a few small successes they can, and will, amount to a big win over time. The reward lies in the fact that experiencing success in one area of your life can be the turning point, going on to impact other parts of your life.

In 2008 I found myself overwhelmed by the economy as it impacted every part of my life negatively. I consciously chose to turn my focus onto one element I felt I could control — my health. I declared I would be fitter than ever before within one year, reasoning that doing so would serve to boost my energy and clear my mind. If the negative economy persisted, I would at least have my health. I set a goal to do something only a fit person could do, running the desert, despite not knowing how to run. I took my first running steps in December 2008, and six months later ran 250 km across the Gobi desert. What was an attempt to get fit cascaded into the rest of my life, changing it forever.

So always ask yourself, when facing a big challenge, what parts of your life can you control?

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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4 SPORTS

Sports in pictures

1

2

3

1 CFL. Maybin an Argonaut

Aaron Maybin, a former first-round draft pick of the Buffalo Bills, joined the Argonauts' practice roster on Sunday, three days after watching Toronto's 36-21 home win over Winnipeg. THE CANADIAN PRESS

2 Tennis. Federer falls in homeland

Juan Martin del Potro denied Roger Federer his hometown Swiss Indoors title for the second straight year, winning the final 7-6 (3), 2-6, 6-4 on Sunday in Basel. THE ASSOCIATED PRESS

3 Tennis. Serena seals WTA title over Li

Serena Williams ended her best season in style, coming from behind to beat Li Na 2-6, 6-3, 6-0 on Sunday for her second straight WTA Championships title. THE ASSOCIATED PRESS

Sharks goalie Alex Stalock tracks the puck during a 5-2 win over the Senators on Sunday night at Canadian Tire Centre. FRED CHARTRAND/THE CANADIAN PRESS

Stalock helps Sharks put Sens on lockdown

NHL. Ottawa falls into early hole before San Jose goalie shuts door in 1st career start

Alex Stalock waited a long time for his first NHL start, but says it was well worth it.

The 26-year-old stopped 38 shots and was instrumental in leading the San Jose Sharks to a 5-2 win over the Ottawa Senators Sunday night.

Stalock, who previously had made just three appearances in relief of Antti Niemi, admitted he was nervous and excited.

On Sunday

Sharks	Senators
5	2

"I think it helped a lot being a five o'clock game for me and not having to sit around all night and come to the rink and go through the routine," he said. "It was a little easier than sitting around all day in my hotel room."

Stalock made 16 saves in the first period and helped the team jump out to a 3-1 lead after 20 minutes of play.

Tomas Hertl, Andrew Desjardins, Tommy Wingels, James Sheppard and Joe Pavelski scored for the Sharks (10-1-1), who were playing their fourth of a five-game road trip.

The Senators (4-5-2) got goals from Erik Karlsson and Marc Methot, who picked up his first of the season. Craig Anderson made 24 saves in defeat.

This marked the first time this season the Sharks had been outshot in a game.

The Senators have few answers for their play of late, but realize things have to change.

For the second straight game, Ottawa allowed the opposition to jump out to a 2-0 lead.

"We can't spot good teams leads," said Senators captain Jason Spezza. "We get behind and then it doesn't matter what we do, we're chasing the whole game."

The Senators' lack of urgency proved costly as the Sharks scored two early third-period goals to put the game out of reach.

Sheppard scored his first of the season as he beat Anderson far side and Pavelski made it 5-2 after burying a big rebound. THE CANADIAN PRESS

MLB. Rule snafu adds extra juice to World Series

By Sunday morning, most everyone had become an expert on the obstruction rule.

"Worst ending to a World Series game ever!" PGA golfer Hunter Mahan posted.

"Obstruction of justice," Arizona Cardinals kicker Jay Feely wrote.

Any time someone scores the winning run with two outs in the bottom of the ninth inning without even touching home plate — called safe on an extremely rare ruling — it's bound to cause a little ruckus.

On this point, all sides seemed to agree: Allen Craig's wild trip over Boston third baseman Will Middlebrooks likely made for the most crazy, chaotic October finish of all time. And it gave St. Louis a 5-4 win Saturday night and a 2-1 edge. THE ASSOCIATED PRESS

Online

Go to metronews.ca for coverage of Game 4 of the World Series on Sunday night.

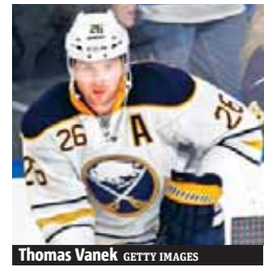
NHL. Sabres ship sniper Vanek to Long Island

The Buffalo Sabres traded Thomas Vanek to the New York Islanders on Sunday night for Matt Moulson and two draft picks.

Vanek and Moulson are set to become unrestricted free agents this summer. The Islanders sent a 2014 first-round pick and a 2015 second-round pick to the Sabres in the deal.

Vanek, 29, has four goals and five assists in 13 games. He has a cap hit of $7,142,857 US for the rest of the season.

Moulson, 29, has six goals and three assists in 11 games. He has a cap hit of $3.133 million US. THE CANADIAN PRESS



Thomas Vanek GETTY IMAGES

Lions receiver Calvin Johnson leaps between Cowboys Jeff Heath, left, and Brandon Carr to make a 54-yard catch on Sunday in Detroit. Johnson had 329 yards receiving in the Lions' 31-30 win. LEON HALIP/GETTY IMAGES

Lions roar back to win shootout over 'Boys

NFL. Johnson's 329 yards receiving keeps Detroit in the game; Stafford's one-yard TD lunge wins it

Calvin Johnson thought Matthew Stafford was going to spike the ball for at least another snap.

The Dallas Cowboys did, too.

Stafford's one-yard lunge over a pile of linemen with 12 seconds left and Johnson's 329 yards receiving lifted the Detroit Lions to a 31-30 win over Dallas on Sunday.

"I was yelling that I was going to spike the ball," Stafford recalled. "But their linebackers were just standing there."

The Cowboys weren't just standing around letting Johnson make catch after catch, but he made them look helpless.

Johnson almost broke an NFL record, and could celebrate the feat because of a comeback from a 10-point, fourth-quarter deficit that some people who entered Ford Field didn't see because they had left.

"Even our fans didn't think we could pull this one out," he said. "They were leaving, but we knew we could do it."

Johnson's total trails only the 336 yards receiving Flipper Anderson had for the Los Angeles Rams against New Orleans on Nov. 26, 1989 in a game that went into overtime.

The Cowboys dared Detroit to throw to Johnson with a lot of one-on-one coverage. They usually asked cornerback Brandon Carr to do the improbable by defending him by himself, and sometimes attempted to slow him down with a zone.

"He had his way," Carr said. "And we couldn't find a way to keep him from rolling."

Johnson noticed.

"It was crazy," he said. "We had a lot of one-on-one coverage today, and we were able to take advantage and hit some deep balls. Matt made some great throws to me."

THE ASSOCIATED PRESS

Quoted

"I was just as fooled as the defence was."

Lions offensive guard Larry Warford, on Matthew Stafford's game-winning touchdown play in which players on the field assumed the quarterback would spike the ball to stop the clock.

Around the NFL

Chiefs 23, Browns 17. Alex Smith threw for 225 yards and two touchdowns for the league's lone undefeated team at 8-0.

Broncos 45, Redskins 21. Peyton Manning overcame four turnovers and Denver scored the last 38 points in a come-from-behind win. Manning finished with 354 yards and four touchdown passes.

Raiders 21, Steelers 18. Terrelle Pryor ran 93 yards on the first play from scrimmage for the longest touchdown run by a quarterback boosting Oakland to 3-4.

Bengals 49, Jets 9. Andy Dalton threw a career-high five touchdown passes — four of them to Marvin Jones.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Detroit	12	6	4	2	27	33	14
Montreal	11	6	5	0	33	22	12
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	13	2	10	1	20	37	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	11	7	4	0	35	28	14
Carolina	11	4	4	3	25	33	11
NY Islanders	11	4	4	3	35	36	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
NY Rangers	9	3	6	0	15	33	6
Philadelphia	10	3	7	0	18	27	6

Sunday's results
San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Anaheim 4 Columbus 3
Winnipeg at Colorado
Edmonton at Los Angeles
Saturday's results
Phoenix 5 Edmonton 4
San Jose 2 Montreal 0
New Jersey 4 Boston 3
NY Rangers 3 Detroit 2 (OT)
Toronto 4 Pittsburgh 1

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	10	9	1	0	32	14	18
Chicago	11	6	2	3	34	32	15
Minnesota	12	6	3	3	29	26	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	12	5	5	2	30	34	12
Dallas	10	4	5	1	26	31	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Phoenix	12	7	3	2	40	39	16
Los Angeles	11	7	4	0	33	29	14
Calgary	11	5	4	2	34	39	12
Edmonton	12	3	8	1	35	48	7

Note: Two points for a win, one point for overtime loss.

Tampa Bay 3 Buffalo 2
Philadelphia 5 NY Islanders 2
Winnipeg 2 Dallas 1 (SO)
Minnesota 5 Chicago 3
St. Louis 6 Nashville 1
Calgary 5 Washington 2
Monday's games — All Times Eastern
Dallas at Buffalo, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Montreal at NY Rangers, 7:30 p.m.
Chicago at Minnesota, 8 p.m.
Washington at Vancouver, 10 p.m.

MLB PLAYOFFS

WORLD SERIES
(BEST OF 7)

ST. LOUIS VS. BOSTON
(St. Louis leads series 2-1)
Sunday's result
Boston at St. Louis
Saturday's result
St. Louis 5 Boston 4
Monday's game — All Times Eastern
Boston (Lester 15-8) at St. Louis (Wainwright 19-9), 8:07 p.m.
Wednesday's game
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

GOLF

PGA
CIMB CLASSIC
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Final Round — Par 72
x-Won on first playoff hole

x-Ryan Moore, $1,260,000	63-72-69-70—274 (4)
Gary Woodland, $756,000	68-70-67-69—274 (5)
Kiradech Aphibarnrat, $406,000	67-69-69-70—275
Chris Stroud, $406,000	67-69-68-71—275
Aaron Baddeley, $280,000	73-67-70-66—276
Jimmy Walker, $252,000	74-68-67-68—277
Graham DeLaet, $218,166	**72-67-68-71—278**
Harris English, $218,166	71-67-71-69—278
Charles Howell III, $218,166	69-72-69-68—278
Also:	
David Hearn, $14,070	**72-70-73-81—296**

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Sask.	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

y — Clinched division title
x — Clinched playoff berth
Saturday's results
Calgary 29 Saskatchewan 25
Hamilton 27 Montreal 24
Friday's result
B.C. 43 Edmonton 29
Thursday's result
Toronto 36 Winnipeg 21

NFL

WEEK 8
Sunday's results
Kansas City 23 Cleveland 17
New Orleans 35 Buffalo 17
New England 27 Miami 17
Detroit 31 Dallas 30
N.Y. Giants 15 Philadelphia 7
San Francisco 42 Jacksonville 10
Oakland 21 Pittsburgh 18
Cincinnati 49 N.Y. Jets 9
Arizona 27 Atlanta 13
Denver 45 Washington 21
Green Bay at Minnesota
Monday's game — All Times Eastern
Seattle at St. Louis, 8:40 p.m.

MLS

Sunday's results
Houston 2 D.C. 1
New England 1 Columbus 0
New York 5 Chicago 2
Colorado at Vancouver
Los Angeles at Seattle
Saturday's results
Toronto 1 Montreal 0
Kansas City 2 Philadelphia 1
Portland 5 Chivas 0
San Jose 2 Dallas 1
(End of MLS Regular Season)

Horoscopes

♈ Aries
March 21 - April 20
You cannot expect to control each and every situation in life and if you do then disappointment is inevitable.

♉ Taurus
April 21 - May 21
Your energy and enthusiasm are high, thanks to the influence of Mars in the most dynamic area of your chart, but what you start you will be expected to finish, so don't take on too many new projects.

♊ Gemini
May 22 - June 21
You may be eager to get going and prove yourself but cosmic activity in the work and wellbeing area of your chart means you must not do too much.

♋ Cancer
June 22 - July 23
If you push too hard you may turn people against you. It will pay you to keep your activity limited, at least until midweek when the approaching influence of the eclipse will spur you into action. Save yourself for then.

♌ Leo
July 24 - Aug. 23
Set your sights high and don't accept second best. Some people, including those you love, may tell you that you should rein in your ambitions but that's nonsense.

♍ Virgo
Aug. 24 - Sept. 23
What you say and do over the next few days will, to a large extent, decide your fate for the remainder of the year. These are serious times and the universe has serious tasks for you to perform.

♎ Libra
Sept. 24 - Oct. 23
There are so many things you want to do but if you rush you may peak too soon, so pace yourself sensibly.

♏ Scorpio
Oct. 24 - Nov. 22
As far as you are concerned the world is divided into two kinds of people: winners and losers. You, of course, are one of life's winners and what you do over the next few days will prove it. Be brilliant!

♐ Sagittarius
Nov. 23 - Dec. 21
You may not care what the world thinks about you but if you are smart you will pay attention to what those closest to you say.

♑ Capricorn
Dec. 22 - Jan. 20
Listen to advice from friends and family but listen to your inner voice too. Whatever questions you may have, the answers can be found in your own heart as much as in the wider world – and they're more reliable.

♒ Aquarius
Jan. 21 - Feb. 19
The planets urge you to push your fears and doubts to one side and step boldly into the public domain. You may by nature prefer to stay out of the spotlight but you also have an important message for the world.

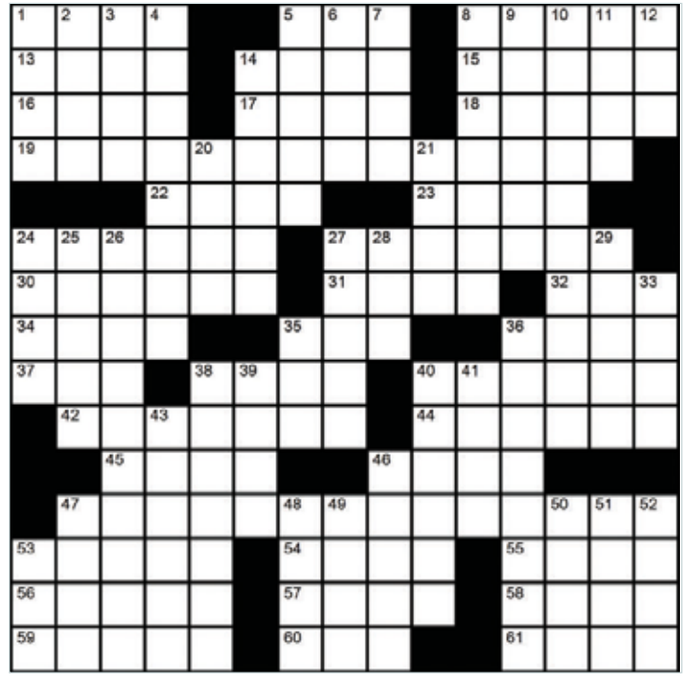
♓ Pisces
Feb. 20 - March 20
So many things are uncertain at the moment but one thing is for sure: whatever setbacks and upheavals you may encounter you will come up smelling of roses.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Mike Myers' directorial debut, "Supermensch: The Legend of __ Gordon" (2013)
5. Canadian hwy. miles
8. Not __ __ (Not so distant)
13. __-hoop
14. TV series
15. Stage
16. "__ fair in love..."
17. Entreaty
18. Promotions guy, _ _ __
19. House of Commons time: 2 wds.
22. Tempo
23. Not a Teamster, e.g., __ _
24. Resist
27. 1972 Neil Young album
30. Bobby Vinton's "Roses __ (My Love)": 2 wds.
31. "I'd like _ __, please." (Bakery request)
32. Outlying
34. Cobblestone
35. Liq. measures
36. Towel dry
37. Full amount [abbr.]
38. India.__
40. Ms. Nicks
42. Miami rapper
44. St-__ (Canadian BBQ sauce brand)
45. Bible kid
46. Ms. Gilpin of "Frasier"
47. Canadian figure skating legend: 2 wds.
53. Camouflage colour
54. Antarctica's Prince __ Coast
55. "__, __ quiet!"
56. Rolling Stones album: '__ __ Bleed'
57. Remote button
58. Prince of Wales' motto, Ich __ (I Serve)
59. Walk leisurely
60. Dog or cat
61. Irish songstress

Down

1. NBA great Mr. O'Neal
2. Web streamer of TV series
3. Vogue competitor
4. Travel document issuer, __ Canada
5. Ms. Kardashian
6. Faucets company
7. Give and take
8. Sanction
9. Sacred structure
10. Women's Rights in Canada, late-1920s: Group behind the 'Persons Case' to give women the right to sit on The Senate: 2 wds.
11. "...take _ __ song and make it better." - The Beatles
12. Stimpy's pal
14. Made the recipe 'hot'
20. Zap with a stun gun
21. "Just you wait, '__ 'iggins..." - Eliza Doolittle
24. Brewer's kiln
25. Before surgery, informally
26. Dress parts in history
27. Eyes colour
28. MGM's motto, __ Gratia Artis
29. South America animal
33. Jackie Wilson's "__ Petite"
35. Vegetable __
36. Installment of an online TV series
38. Skill
39. Old Scandinavian symbol
40. Bundle wheat
41. Go sour
43. Silent film successor
46. __ & Whitney Canada (Aircraft engine company)
47. Vincent's art world brother
48. Frolic
49. Hint
50. Sparse
51. Comply
52. "99 Luftballons" singer
53. Alphabet sequence

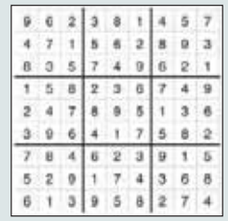
Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1								3
	7	8		4		1	9	
6		9				7		2
		6	3		1	9		
		5	8		7	2		
9		7				4		8
	8	1		6		5	3	
4								1

Friday's Sudoku



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Tuesday 4°/-2° Sunny
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Check the 14 day trend.
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